



South Central District Health

Keeping your family & community healthy
1020 Washington Street North * Twin Falls, ID 83301
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FOR IMMEDIATE RELEASE

Contact: Susie Beem, Diabetes Program Coordinator, 737-5946

Free Foot Exam Clinic Scheduled for People with Diabetes

The Magic Valley Diabetes Coalition is partnering with St. Luke's Magic Valley Regional Medical Center to offer a free foot exam clinic for people with diabetes. Podiatrist Craig Holman, D.P.M., will be conducting the free foot exams on Friday, March 16th, from 1-4 p.m. at South Central District Health. Tennille Houston, registered dietician, certified diabetes educator, and ACE certified fitness instructor, will lead an education session on physical activity as part of the foot clinic. Participants will receive a free resistance band and exercise booklet to use at home. This project is made possible through a grant from U.S. Bank to the diabetes program at St. Luke's Magic Valley.

People who have diabetes are vulnerable to nerve and vascular damage that can result in loss of protective sensation in the feet, poor circulation, and poor healing of foot ulcers. All of these conditions contribute to the high amputation rate in people with diabetes, but early identification of foot problems and early intervention to prevent problems from worsening can avert many amputations. It is recommended that people who have diabetes have their feet examined *at least* once a year by a trained health care professional.

To make an appointment for a free foot exam, contact Susie Beem at South Central District Health, at 737-5946.

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